

Atthangika Uposatha Sila (Eight Uposatha Precepts) in Buddhism

13 April 2024

In Theravada Buddhism there are two versions of the Eight Precepts: *Atthangika Uposatha Sila* (Eight Uposatha Precepts) and *Ajivatthamaka Sila* (Eight Precepts with Right Livelihood as the Eighth).

Atthangika Uposatha Sila (Eight Uposatha Precepts) are observed on *Uposatha Days* (Full Moon, New Moon and the two Half Moon Days). Lay Buddhists often wear white clothes and attend Viharas [monasteries/temples] to observe these Precepts.

Atthangika Uposatha Sila (Eight Uposatha Precepts)

- 1) *Panatipata veramani sikkhapadam samadiyami*
- 2) *Adinnadana veramani sikkhapadam samadiyami*
- 3) *Abrahmacariya veramani sikkhapadam samadiyami*
- 4) *Musavada veramani sikkhapadam samadiyami*
- 5) *Sura meraya majja pamadatthana veramani sikkhapadam samadiyami*
- 6) *Vikala bhojana veramani sikkhapadam samadiyami*
- 7) *Nacca gita vadita visuka dassana mala gandha vilepana dharana mandana vibhusanauutthana veramani sikkhapadam samadiyami*
- 8) *Uccha sayana maha sayana veramani sikkhapadam samadiyami*

Atthaṅgika Sila (Eight Uposatha Precepts) with Diacriticals

- 1) *Pāṇātipātā veramaṇī·sikkhāpadam samādiyāmi.*
- 2) *Adinnaḍānā veramaṇī·sikkhāpadam samādiyāmi.*
- 3) *Abrahmacariyā veramaṇī·sikkhāpadam samādiyāmi.*
- 4) *Musāvādā veramaṇī·sikkhāpadam samādiyāmi.*
- 5) *Surā ·meraya ·majja ·pamādaṭṭhānā veramaṇī ·sikkhāpadam samādiyāmi.*
- 6) *Vikāla ·bhojanā veramaṇī ·sikkhāpadam samādiyāmi.*
- 7) *Nacca ·gīta ·vādita ·visūka ·dassana ·mālā ·gandha ·vilepana ·dhārana ·maṇḍana ·vibhūsanāṭṭhānā veramaṇī ·sikkhāpadam samādiyāmi.*
- 8) *Uccā ·sayana ·mahā ·sayanā veramaṇī ·sikkhāpadam samādiyāmi*

Atthangika Uposatha Sila (Eight Uposatha Precepts)

- 1) I undertake the Precept to refrain from killing and injuring living beings
- 2) I undertake the Precept to refrain from taking that which is not given
- 3) I undertake the Precept to abstain from all sexual activity and non-celestial conduct
- 4) I undertake the Precept to refrain from false and harmful speech
- 5) I undertake the Precept to refrain from drink and drugs which fuddle the mind and reduce mindfulness
- 6) I undertake the Precept to abstain from eating at improper times
- 7) I undertake the Precept to abstain from dancing, singing, music, shows, wearing garlands, using perfumes, and beautifying with cosmetics
- 8) I undertake the Precept to abstain from the use of high and large seats and beds

Bibliography

Articles

“The development and use of the Eight Precepts for lay practitioners, Upasakas and Upasikas in Theravada Buddhism in the West”, Jacquette Gomes, *Contemporary Buddhism*, Volume 5(1) (May 2004) 47-63. (ISSN 1463-9947). DOI:[10.1080/1463994042000249535](https://doi.org/10.1080/1463994042000249535)
Available at <https://www.tandfonline.com/>

Books

Buddhist Group of Kendal (Theravada) and Ketumati Buddhist Vihara. *Requirements and Ceremonies for the Five Precepts (Panca Sila), The Eight Precepts with Right Livelihood as the Eighth (Ajivatthamaka Sila), Dhamma Teachers Certificate*, issued by the Buddhist Group of Kendal (Theravada) and Ketumati Buddhist Vihara at Wesak 2006). 2006.
Available as the Appendix to *Introducing Buddhism* at <https://www-old.budaedu.org/en/>
<https://www-old.budaedu.org/book-img/CoverL/EN074.jpg>
<http://ftp.budaedu.org/ebooks/pdf/EN074.pdf>
The May 2006 edition available at <https://books.google.com/>
The May 2006 edition available at
<https://archive.org/details/requirementscere00unse>
The February 2010 updated edition available at
<https://archive.org/details/requirements-ceremonies-buddhistgroupofkendal-bqkt-ketumatibuddhistvihara>